

# **The Rosary**

*A Short Introduction And Guide To The Rosary*

# What is The Rosary?

The Rosary is a special liturgical, devotional and meditative prayer that focusses on the life of Jesus Christ. Each day, we would meditate on different mysteries of the life of Christ while praying. You can use a Rosary Necklace that consists of (usually 53) beads and a crucifix at the bottom to physically feel through each bead and thread for every prayer.

## Why pray The Rosary?

The Rosary itself is concretely tangible, you can physically hold each individual bead of the necklace while praying. This allows you to completely draw your focus onto every aspect of each prayer, bringing yourself to stillness before GOD. Due to this, The Rosary allows us to discipline our minds for this repeated quietness and meditation over time, embedding this attitude within our everyday life. The very nature of this prayer as following a looped necklace emphasises the point of coming back to right where we started – the life of Christ our Saviour. In doing this, we can also pray for specific issues with enormous dedication and power through our devotion to these sacred mysteries and the living Kingdom of GOD.

## How do we pray The Rosary?

### The Introduction of The Rosary

While praying, work through each physical element of the necklace.

1. We start at the crucifix at the bottom of The Rosary, making The Sign Of The Cross and reciting the Apostles Creed
2. Holding the first bead above the crucifix, we pray the Our Father
3. For each of the three beads above the previous, we recite 3 Hail Mary prayers for Faith, Hope and Charity (1 Corinthians 13)
4. Holding the thread just above the previous bead, we pray the Glory Be

## The Heart of The Rosary

The Rosary is sectioned into 5 decades, each with a set number of specific prayers – 13 prayers all together. Before each of these decades we announce the relevant mystery and meditate on this throughout that respective decade.

1. For each isolated bead, announce the relevant mystery and pray the Our Father
2. For each of the 10 connected beads, pray the Hail Mary
3. For each thread in between the last Hail Mary and the following decade, pray the Glory Be and the Fatima Prayer
4. After we have completed each decade and return to the heart of The Rosary, pray the Hail Holy Queen and a concluding prayer where you may wish to pray about a specific issue
5. Then as we began, make the Sign Of The Cross

## Schedule of The Rosary

|                                 |        |           |
|---------------------------------|--------|-----------|
| Sunday                          | -----> | Glorious  |
| Monday                          | -----> | Joyful    |
| Tuesday                         | -----> | Sorrowful |
| Wednesday                       | -----> | Glorious  |
| Thursday                        | -----> | Luminous  |
| Friday                          | -----> | Sorrowful |
| Saturday                        | -----> | Joyful    |
| Sundays of Advent and Christmas | -----> | Joyful    |
| Sundays of Lent                 | -----> | Sorrowful |

## The Glorious Mysteries

1. Jesus Is Risen From The Dead (Luke 24)
2. Jesus Ascends To Heaven (Luke 24)
3. Decent Of The Holy Spirit (Acts 2)
4. Mary Is Taken Up Into Heaven (Revelation 12)
5. Mary Is Crowned Queen Of Heaven And Earth (Revelation 12)

# **The Joyful Mysteries**

1. Mary Is Chosen Mother Of GOD (Luke 1)
2. Mary Visits Elizabeth (Luke 1)
3. Jesus Is Born (Luke 2)
4. Jesus Is Offered To GOD (Luke 2)
5. Jesus Is Found At The Temple (Luke 2)

# **The Sorrowful Mysteries**

1. The Agony Of Jesus (Matthew 26)
2. Jesus Is Scourged (John 18)
3. Jesus Is Crowned With Thorns (John 19)
4. Jesus Carries His Cross (Luke 23)
5. Jesus Is Crucified (John 19)

# **The Luminous Mysteries**

1. The Baptism Of Jesus (Matthew 3)
2. The Wedding In Cana (John 2)
3. The Proclamation Of The Kingdom (Matthew 5)
4. The Transfiguration (Matthew 17)
5. The Institution Of The Eucharist (Luke 22)

# **Prayers of The Rosary**

## **The Apostles Creed**

I believe in GOD,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,

and is seated at the right hand of GOD the Father Almighty;  
from there He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

## **Our Father**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

## **Hail Mary**

Hail, Mary, full of grace,  
the Lord is with thee.  
Blessed art thou amongst women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of GOD,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

## **Glory Be**

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now,  
and ever shall be,  
world without end.  
Amen.

## **Fatima Prayer (Decade Prayer)**

O my Jesus,  
forgive us our sins,  
save us from the fires of hell,  
lead all souls to heaven,  
especially those who are in most need of Thy mercy.  
Amen.

## **Hail Holy Queen**

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.  
To you do we cry,  
poor banished children of Eve.  
To you do we send up our sighs,  
mourning and weeping in this valley of tears  
Turn then, most gracious advocate,  
your eyes of mercy toward us,  
and after this exile  
show unto us the blessed fruit of thy womb,  
Jesus.  
O clement, O loving,  
O sweet Virgin Mary.  
Amen.